



Natural Health Response

WITH DR. RICHARD GERHAUSER M.D.

Powerful Test FINALLY Diagnoses “Mystery Disease”

Uncovers Answers for Unexplained Fatigue, Depression, and Weight Gain

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Sometimes you *just know* when something isn't right with your body—even when test after test tells you everything is *fine*.

This is especially true with vague symptoms like fatigue, depression, or weight gain.

A quick Google search will tell you that these can all be symptoms of **an underactive thyroid**. But when your blood test for thyroid function comes back normal, you follow the next rabbit trail looking for answers.

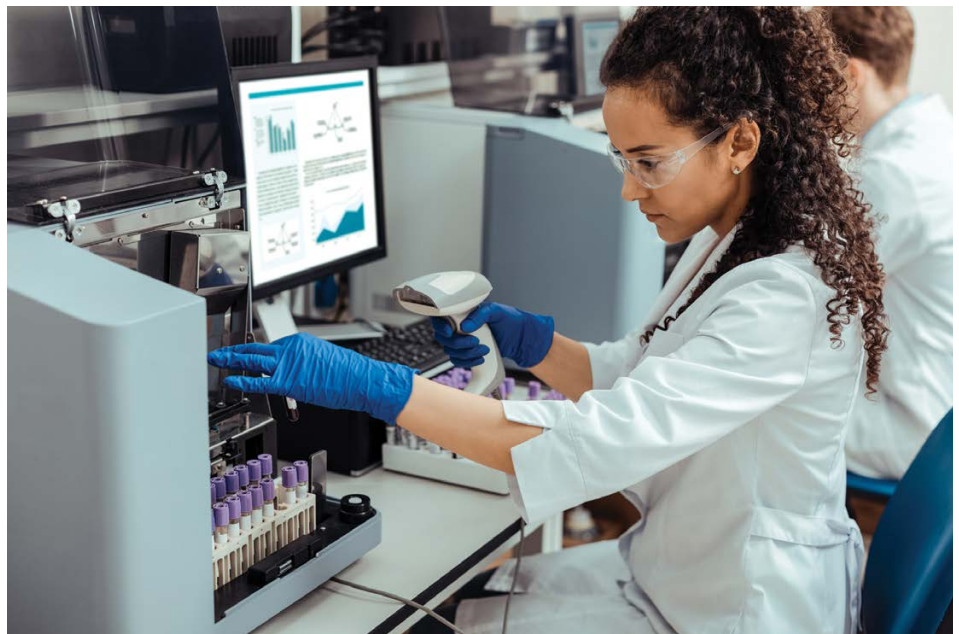
But, the reality is that **blood tests for an underactive thyroid (hypothyroidism) can be WRONG**.

To get the answers you deserve, you need a **BETTER** test—and *I've found it*.

A few years back, I discovered a test that can reveal aspects of your physical and psychological health that a blood test simply can't.

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Hair is one of the places your body eliminates minerals and heavy metals. That means it can show both mineral status and toxic metal accumulation.

And something it's *especially* good at identifying?

Thyroid imbalances.

My Own “Medical Mystery”

I know about this test *because it saved my life*.

When I was younger, I set a goal: Before turning 60, I wanted to complete the Rim-to-Rim-to-Rim of the Grand Canyon (from the South Rim to the North Rim and back).

I trained for the 44-mile run/jog trip for several months and completed it in about 15 hours on one early October day.

But on the final climb to the last rim, I experienced chest pain. Even after the race, I never recovered my energy and continued to have chest pains and heart palpitations.

I was determined to get to the bottom of it, so I did a bunch of blood tests and other screening tests.

But everything came back normal, and my doc just said, “Face it, you're getting old.”

Fat chance.

I knew something wasn't right, so I dug a bit deeper.

The Hair Mineral Analysis Test

In my search for answers, I stumbled upon the work of a brilliant scientist named Dr. Paul Eck, who took a well-known test and *revolutionized it*.

I'm talking about **hair mineral analysis**.

This type of test is used in mainstream medicine for drug testing and to determine the presence

of toxic metals. In addition, it's used to test mineral levels in soil science. It's also a valid way to determine the drug or mineral content of hair tissue.

But Dr. Eck was the first to figure out that a hair mineral analysis can provide a *window into the body*.

After 30 years of experimenting with and treating patients, he discovered he could use hair mineral levels and ratios as a roadmap to *rebuild a person's health*.

In fact, he found when patients had their mineral levels and ratios *restored* to those of a person in good health, many physical and mental conditions were **completely resolved**.

This procedure tests hair minerals to identify problems with energy production and stress in the body by looking at nutrient and toxic mineral levels and ratios.

Ultimately, it can discover hidden problems with adrenal fatigue, metabolic type—and **hypothyroidism**—*better than blood tests*.

My Personal Results

When I learned about hair mineral analysis, I had one done immediately. The results weren't pretty.

My hair test showed that my calcium-to-magnesium ratio was out of balance, a sign of stress and slow oxidation (slow metabolism). It was a **severe imbalance**, indicating my autonomic nervous system was malfunctioning.

It turns out my body was stuck in what's called a "calcium shell." Essentially, my system was in

survival mode and in defense, my body began to *calcify* soft tissues—including hair and arteries.

In essence, I was overstimulating my worn-out, sympathetic (fight or flight) nervous system.

Ultimately, this test suggested a **cause** of my chest pain and fatigue.

If I hadn't caught it in time, *I was headed to a dreaded "marathoner heart attack."*

It took over a year, but I eventually balanced my hair minerals to the ideal level, as initially described by Dr. Eck.

Once my minerals were balanced, my energy was restored to the point where I could easily do the rim-to-rim-to-rim again...if I were that dumb.

Your Body's Early Warning Sign

What does this have to do with your thyroid?

Everything!

My issue was with a calcium-to-magnesium imbalance. But an abnormal calcium-to-potassium ratio could reveal underlying thyroid issues—even if your blood tests come back normal.

You see, a hair analysis test is more sensitive than blood tests—which means it can detect subtle imbalances sooner.

For example, while most blood tests for thyroid function look at hormone levels of T4, T3, and TSH (thyroid stimulating hormone),

Why Hair?

What makes a hair test more sensitive than a blood test?

For starters, hair is one of the places your body eliminates minerals and heavy metals. That means it can show both mineral status and toxic metal accumulation.

It also shows information about intracellular activity, which isn't shown in blood tests.

Researchers from the National Institutes of Health said it best.

They were conducting a study on using a hair mineral analysis to identify vitamin D deficiency (since vitamin D deficiency is associated with mineral imbalances).

And they concluded that "a well-known test such as the red blood cells is fairly expensive, invasive, and less informative. On the other hand, a hair mineral analysis can be considered an accurate, excellent, highly informative tool to measure mineral imbalance associated with vitamin D deficiency."¹

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This is published monthly for US \$99 per year by NewMarket Health, L.L.C., P.O. Box 913, Frederick, MD 21705-0913

what they *don't* consider are factors like how well the hormones pass from the blood into the cell... or how powerfully the hormones act on the cells.

In other words, the hair mineral analysis measures the END RESULT of the hormone activity on the cells.

You can have perfectly normal blood levels of these hormones—and the perfect blood test results to prove it. But if those hormones have trouble entering your cells, your symptoms will be the same **no matter what the blood tests show.**

Creating Your Own Roadmap

If you've been struggling with symptoms of hypothyroidism—or if you're just not feeling like your old self in some other way—I hope you'll consider a hair analysis test.

The only lab I recommend using is **Analytic Research Labs, Inc.**, or ARL, which is the lab of the late Dr. Eck. Through 30 years of trial-and-error, Dr. Eck developed a supplement regimen tailored to individual test results.

ARL provides a list of the recommended supplements based on your specific results. You can then purchase them from an ARL subsidiary called **Endomet**.

Please don't attempt to interpret the results on your own.



If you've been struggling with symptoms of hypothyroidism—or if you're just not feeling like your old self in some other way—consider a hair analysis test.

What's the Big Deal About Minerals?

Respected research Dr. Henry Schroeder said that trace minerals are more important factors in human nutrition than vitamins.

It's easy to see why.

They're involved in ALL of your body's metabolic functions. Take a look:

- Magnesium, for example, is essential for your muscles to function normally—including your heart. A deficiency increases the risk of heart attacks, nervousness, and anxiety.
- Potassium plays a key role in transporting nutrients into your cells. If you don't have enough potassium, you could end up feeling weak and depressed (its role in hypothyroidism).
- Sodium is a tricky one because it's required for optimal health... but too much of it can contribute to high blood pressure.

- Zinc is especially critical for metabolic health and blood sugar control because it plays a role in the production, storage, and secretion of insulin. Higher blood levels of zinc are connected to a lower risk of type 2 diabetes. And supplementing zinc has been shown to help diabetics improve their glucose handling.

But there's more to the story than correcting deficiencies.

Having the proper balance of these minerals is key for carbohydrate metabolism, thyroid function, managing inflammation, avoiding copper toxicity, avoiding a calcium shell (like in my situation), and preventing tissue breakdown.

The hair mineral analysis will identify ALL of these critical factors to your health—often long before a blood test will reveal an issue.

In my experience, using the hair mineral test to help you decide which supplements you should take based on your mineral levels alone is NOT helpful.

For example, if your analysis shows that you're deficient in magnesium, simply supplementing with magnesium *isn't* the answer. Something is happening in your body that's *causing* the low magnesium.

The hair mineral analysis aims to identify the root cause.

Addressing the mineral levels and ratios in response to stress and low

energy requires extensive knowledge of how the minerals work in the body to be interpreted properly.

Dr. Larry Wilson has a network of nutritional balancing “helpers” that are listed on his website. Go to www.drlwilson.com and click on “Find a Helper to Begin the Full Program.”

You'll find a state-by-state listing of contacts that can help with your hair mineral analysis test. If you use one of the listed “helpers,” Dr. Wilson will set up your own development program based on your results.

Although there is a lot of variation in how long it takes to see improvements, I have found that most people notice an improvement within about three months.

For more information on the hair mineral analysis, visit Dr. Wilson's website, www.drlwilson.com, or Analytic Research Labs Inc.'s website, www.arlma.com.

Visit the website for a full reference list.

Deadly Heartburn?!

It Won't Kill You... but the DRUGS to Treat It Might

Protein pump inhibitors (PPIs) (like Nexium, Prilosec, and Prevacid) have recently become household names, as cases of heartburn and gastroesophageal reflux disease (GERD) have *skyrocketed*.

Maybe you're one of the **15 million** already taking one of these drugs.

If so, **this** is the warning you **WON'T HEAR FROM YOUR DOCTOR**.

If you're taking a PPI, you're ALSO one of the 15 million whose risk of *dying* from at least **3 FATAL** conditions is dramatically increasing.

But don't panic. You can **ERASE** that risk.

I'll explain exactly how. Plus, I'll share 7 ways to *safely* get rid of your heartburn.

PPIs: From Bad to WORSE

GERD occurs when acid travels from your stomach back up into your esophagus.

It's often caused by excess stomach acid production, which impairs normal digestion leading to gas and bloating.

This puts pressure on the valve (lower esophageal sphincter) that's *supposed* to prevent food from flowing back up into your esophagus.

I know from experience that the burning sensation in your chest or the bitter acid taste in the back of your throat from this makes you feel **MISERABLE**.

And when popping a Tums doesn't cut it, doctors bring out the big guns: **proton pump inhibitors**.

The good news about PPIs is they



GERD occurs when acid travels from your stomach back up into your esophagus, often causing a burning sensation in your chest or a bitter acid taste in the back of your throat.

can temporarily relieve your GERD symptoms.

The bad news?

Well, there's a LOT of it.

PPIs Send Death Risk SOARING

For starters, these drugs are *killing* people left and right.

That may sound dramatic. But it's the truth.

A large study published in the *BMJ* analyzed data collected from more than 214,000 people for over 10 years.¹ More than half of the participants, 157,625, took PPIs, while 56,842 took H2 blockers (another acid suppressor).

During the follow-up period, there were 45.2 extra deaths for every 1,000 people taking PPIs.

This translates to a **17 percent higher risk of death** in the PPI

group than in the H2 blocker group.

Specifically, there was an increased risk of death from...

- cardiovascular disease
- stomach cancer
- chronic kidney disease

The *longer* someone took the PPI, the **HIGHER** their risk of dying rose—even at *low doses*.

Those are **MAJOR** risks to accept for a non-deadly condition like heartburn.

And the small but significant rise in death risk can't be ignored. Especially when you consider the study *also* found that most of those taking these drugs *didn't even need them!*

But this is far from the only research linking these drugs to a greater risk of death...

Another large study that followed 350,000 veterans found that those

receiving PPI prescriptions had a **25 percent raised risk of death from all causes** during the 5-year follow-up.²

An analysis revealed that the death risk rose the longer the patient was on the PPI. After one to two years the risk of death among PPI users was nearly 50 percent higher than among H2 users according to reporting in *Medical News Today*.

Trading Heartburn for a DEADLY Disease!?

Obviously, PPIs don't kill everyone who takes them.

But the evidence is clear. If you pop these pills long enough, they can make you VERY sick.

A study published in *Alimentary Pharmacology & Therapeutics* showed that PPI users had **DOUBLE the risk of liver cancer** compared to non-users.

Other research published in *JAMA Network* found that taking PPIs is associated with a higher risk of **chronic kidney disease**.

And yet another disturbing review revealed that long-term use of PPIs was linked to an increased risk of...³

- *C. difficile* infections
- fractures and impaired magnesium absorption
- thrombocytopenia, iron deficiency, vitamin B12 deficiency, rhabdomyolysis, and acute interstitial nephritis

Even *short-term* use of PPIs was associated with a 27 to 39 percent increased risk of pneumonia.

Having such a wide range of problems linked to these drugs might seem odd at first. But not when you consider HOW they work.

PPIs stop the production of stomach acid. The problem is,



Protein pump inhibitors (PPIs) stop the production of stomach acid, but when there's not enough stomach acid present, you also block necessary minerals from being absorbed efficiently.

when there's not enough stomach acid present, you *also* block minerals from being absorbed efficiently.

Mineral deficiencies are proven to lead to chronic kidney disease, acute kidney injury, acute interstitial nephritis (swelling between kidney tubules), end-stage renal disease, bone fractures, pneumonia, infections, dementia, and more.

In other words, if you take PPIs long enough, one or more of these side effects is practically **inevitable**.

It's like a twisted game of Russian roulette. And the longer you take the drugs, the more ammo you're loading into the gun.

7 Natural Remedies for Heartburn

Don't fall into the trap of taking these drugs for the rest of your life.

PPIs were NEVER meant for long-term use... and they can have deadly consequences when taken for too long.

Here's my suggestion: **Ditch mainstream's "quick fix" and use one of nature's SOLUTIONS instead.**

Solution #1 - Digestive Enzymes

If food isn't properly broken down, it sits in your stomach longer, increasing the risk of acid reflux symptoms.

Digestive enzymes help break down the food you eat. A supplement can prevent GERD symptoms, especially if your body isn't making enough of the enzymes, to begin with.

Take 2 to 3 capsules of **digestive enzymes** with each meal.

Solution #2 - Alginic acid

Alginic acid is a sticky algae extract which quickly absorbs water to form a "raft" on top of stomach contents.

The "raft" discourages the acid mix from being pushed back up the esophagus while *also* coating the throat lining in case it *does* manage to reach the esophagus.

A BIG bonus with this supplement is that it can provide relief *within minutes*.

Solution #3 - Probiotics

Restoring and protecting the overall health of your gut micro-

biome with probiotics can reduce symptoms of acid reflux.

In fact, a review of studies showed that probiotics help reduce symptoms of GERD, such as regurgitation, heartburn, stomach pain, and nausea.⁴

Solution #4 - Zinc carnosine

Zinc carnosine has been extensively studied. It's frequently used in Japan for any condition that requires mucosal (inner wall linings) repair within the intestinal tract. This includes GERD.

A placebo-controlled study showed that zinc carnosine can maintain GERD remission and improve quality of life.⁵

Try 75 mg of zinc carnosine twice a day between meals.

Solution #5 - Glutamine powder

Glutamine can help heal your gut and esophagus linings.

The supplement can also strengthen the lower esophageal sphincter—the valve that prevents acid backflow into the esophagus.

Take 3 grams of glutamine powder in water twice a day.

Solution #6 - Deglycyrrhizinated Licorice

Deglycyrrhizinated licorice (DGL) is a type of licorice processed to make it safer to take than regular licorice with glycyrrhizin.

DGL increases mucous production to act as a barrier against acid in the stomach and esophagus.⁶

In fact, a review found DGL to be even MORE effective than some acid-suppressing drugs!⁷

Take 2 chewable tablets of deglycyrrhizinated licorice (DGL) 15 minutes before meals.

Solution #7 - Magnesium glycinate

Magnesium is another powerful tool against GERD because of its ability to strengthen the lower esophageal sphincter. This can prevent stomach contents from flowing back up into the esophagus.

Take 200 mg of magnesium glycinate twice a day.

If, at First, You Don't Succeed... Try, and Try Again

Years of practical use and a growing stack of research prove these seven powerful natural remedies can effectively relieve heartburn symptoms.

But keep in mind we are individuals. And not *all* treatments work for *everyone*.

Don't give up if you try one of these solutions and it doesn't knock out your heartburn. Try another... and another... if necessary, until you zero in on what works BEST for you.

It may be a single supplement or a combination.

But if you're taking a PPI for GERD, consult your doctor BEFORE making any changes.

If you've had chronic heartburn and *haven't* been evaluated, it's a good idea to get checked by your doc, as chronic heartburn symptoms can sometimes be a sign of a more serious condition.

Visit the website for a full reference list.

Top 8 Healing Herbs for a BETTER Brain

Naturally Boost Memory, Cognitive Performance, Comprehension, Mood, and More

Nothing is scarier than the thought of *losing your mind* as you age.

Forgetting a few items at the grocery store is annoying... but forgetting your way *home* is downright *alarming*.

And, of course, the looming threat of developing Alzheimer's or dementia worsens with each passing year.

What's REALLY terrifying is that

modern living leaves us ALL at high risk for mental decline.

Staying cooped up indoors, artificial light at night, poor diet, lack of movement, environmental toxins, and exposure to non-native electromagnetic fields are ALL **attacking our brains** at unprecedented levels.

At this point, the threat is FAR too great to just sit back and hope you're one of the lucky ones that

manages to stay mentally sharp *in spite* of these assaults.

Instead, you must take steps to **protect your brain**.

That's why I've compiled a list of **nature's 8 BEST healing herbs for better brain health**. All are *time-tested* AND *scientifically proven* to benefit memory, concentration, mood, alertness, and more.

Brain Herb #1: Bacopa Monnieri

The herb called **Bacopa monnieri** (also known as brahmi) has been used in Ayurvedic medicine for centuries to address neurological and behavioral issues.

More recent research revealed that taking *Bacopa monnieri* for 12 weeks or longer can improve cognition—particularly reaction time (which slows with age).¹

Another study of adults over 60 found that taking 300-600 mg daily for 12 weeks improved memory, attention, and the ability to process information.²

Bacopa monnieri is thought to support brain health by increasing the acetylcholine neurotransmitter, decreasing oxidative stress, and promoting neurogenesis (growth of nerve tissue).

Brain Herb #2: Sage

It's one thing for a product to improve cognition in healthy people. It's another for it to work in people who *already* have dementia or Alzheimer's.

That's where the herb **sage** comes in.

Research suggests that sage extract can help boost memory and cognition in healthy folks *and* those with Alzheimer's.

When volunteers with Alzheimer's took 2 ml of sage extract daily for four months, they performed better on memory, problem-solving, and other cognitive ability tests than those taking a placebo.³

Even in healthy adults, sage boosts memory, elevates mood, and increases alertness.⁴

A study was done on adults over 64. Incredibly, within *hours* of taking the sage supplement, memory performance increased nearly 60 percent, and attention improved by 2.5 times.



Ginkgo biloba is one of the most extensively studied herbal remedies for fighting cognitive decline and enhancing cognitive function

Sage *also* supports brain health by boosting acetylcholine. Low levels of acetylcholine are associated with age-related cognitive decline and are linked to dementias like Alzheimer's disease.

Brain Herb #3: Ginkgo Biloba

Ginkgo biloba is one of the **most** extensively studied herbal remedies for fighting cognitive decline and enhancing cognitive function.

A meta-analysis of nine trials studied a particular *ginkgo biloba* extract (EGb761) in people with cognitive impairment and dementia.

Taking *ginkgo biloba* for 22 to 26 weeks helped stabilize or slow decline in cognition, function, and behavior.⁵

This is **SIGNIFICANT** because these are **degenerative conditions** with **NO** cure.

Ginkgo biloba has antioxidant and anti-inflammatory effects, increases cerebral blood flow, and has neuro-protective properties.

Brain Herb #4: Ashwagandha

Ashwagandha (also known as Indian ginseng) has been used in

traditional Indian medicine for thousands of years to enhance memory and improve cognition.

Now, modern research reveals it could be **ESPECIALLY** beneficial for adults with mild cognitive impairment (MCI).

When adults with MCI took ashwagandha for 8 weeks, it significantly improved both immediate and general memory.⁶

It also improved decision-making, executive function, attention, and information processing speed.

Brain Herb #5: Curcumin

Sometimes you need a brain boost *fast*.

Maybe you're speaking in front of a group of people—or perhaps you're just getting ready to play trivia with your grandkids.

Whatever the reason, curcumin (the active compound in turmeric) can give you both *immediate* and **long-lasting** brain benefits.

In a randomized, double-blind, placebo-controlled trial, folks taking curcumin significantly improved their performance on sustained attention and working memory tasks after just **ONE hour**.

After 4 weeks of taking the supplement, working memory and mood

significantly improved as well. This included factors like general fatigue, calmness, and contentedness.

One potential issue with curcumin supplements is poor *bioavailability*, meaning they're not always absorbed well by the body. However, many products on the market are designed to IMPROVE bioavailability. Just be sure to read labels.

Brain Herb #6: Flavonoids

There's nothing better than when the things I love to do are *also* the things that are the best for me. Eating blueberries falls into this category.

Emerging research suggests that compounds in blueberries, known as **flavonoids**, can improve memory, learning, and general cognitive function—including reasoning skills, decision-making, verbal comprehension, and numerical ability.

Those are some big claims for a little berry—but there are plenty of studies to back them up.

A meta-analysis of eight studies reported that eating blueberries (or taking a supplement) improved measures of cognitive performance—particularly short- and long-term memory and spatial memory.⁷

Another randomized, placebo-controlled trial found that blueberries enhanced several aspects of cognitive performance, including reaction time, episodic memory, and executive functioning.

In addition, studies comparing dietary habits with cognitive function in adults hint that con-

“ Emerging research suggests that compounds in blueberries, known as flavonoids, can improve memory, learning, and general cognitive function. ”

suming flavonoids could help slow the mental decline often seen with aging—and that it could possibly protect against disorders like Alzheimer's and Parkinson's.

Brain Herb #7: Sceletium tortuosum

For some folks, their battle with their brain isn't about cognitive function but *emotional well-being*.

An herb called Sceletium tortuosum (known locally as “Kanna”) has 300 years of documented use by the indigenous people of South Africa for its **stress-relieving** properties.

More recently, a nutraceutical company developed a patented version called Zembrin that works in two distinct ways to battle depression and anxiety:

- serotonin reuptake inhibitory (SRI) activity, and
- phosphodiesterase-4 (PDE4) inhibitory activity.

These are the SAME mechanisms of action targeted by the **most** popular pharmaceutical drugs.

So it's hardly surprising that sceletium has been found to work as well as the first-generation PDE4-inhibiting antidepressant drug, Risperidone.

In other words, this herb could both help manage anxiety and depression *and* enhance cognitive function.

Zembrin is approved in Canada to help with cognitive function. In the USA, it's approved as a generally recognized as safe (GRAS) supplement.

Brain Herb #8: Gotu kola

I may have saved the best for last.

Gotu kola (*Centella asiatica*) is known as the **herb of longevity** in

traditional Chinese medicine.

However, it's *also* been traditionally used to treat mental fatigue, depression, memory loss, insomnia, and anxiety. Here are just a few of the ways it boosts brain health:

- Gotu kola stimulates the growth of new brain cells by increasing nerve growth factor.
- It improves circulation, which helps deliver oxygen and nutrients to the brain.⁸
- It protects the brain from neurotoxins like lead,⁹ arsenic,¹⁰ and aluminum.¹¹
- It alleviates stress, anxiety, and depression by increasing neurotransmitters like serotonin, dopamine, and norepinephrine.¹²
- It inhibits acetylcholinesterase. This enzyme breaks down acetylcholine leading to improved memory.

Plus, Gotu kola contains triterpenes like asiaticoside, madecassic acid, and madecassic acid—all of which have antioxidant, anti-inflammatory, and antiapoptotic (anti cell death) properties.

Trial and Error Approach

If you're looking for an all-natural way to support your brain health, one or more of these herbs could do the trick.

You may need to try a few to find the ones that work best for you.

Keep in mind everyone responds differently to different supplements. So always check in with your primary care provider before introducing new herbs into your regular routine.

And be sure to always purchase herbs and supplements from a trusted source.

Visit the website for a full reference list.